



Bakersfield Composite Squadron #121



60-Second Safety Advisor #35

Snake Bites

While snakes are widely feared, there are fewer than half a dozen fatal snake bites per year in the United States (more fatalities occur every year from lightning strikes). However, serious injury and disabilities are caused by snake bites.

There are some things you can do to avoid being bitten by a snake. First, keep your distance; a snake can strike about half their body length. When you are outdoors (especially in wilderness areas), don't step or reach into areas that you cannot see, wear boots and long jeans, and be alert. If you are bitten by a venomous snake, it is important to get professional medical attention ASAP.

There are a few things that you can do until professional medical help arrives. First, remain calm and minimize activity, remove jewelry and tight fitting clothes (in anticipation of swelling), and most experts recommend that you do not try to treat the injury in any way yourself. If you can do so safely, trap or kill the snake so it can be identified. But remember, the best thing to do is to avoid putting yourself at risk in the first place.

